

The University of Western Ontario
Faculty of Health Sciences
School of Kinesiology

KIN4474B

Welcome to

Guidelines for Physical Activity and Exercise in Older Adults!

January 2017

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Email: eknigh2@uwo.ca
Office Hours: Virtual, or by appointment (as available around my clinical schedule)

Course schedule: Wednesdays 12:30-2:30 pm (in-class) & Fridays 1:30-2:30 pm (online, with face-to-face tutorials available by appointment), UCC-146

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PREREQUISITE CHECKING

Unless you have either the requisites for this course or written special permission from your Dean to enrol in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Refer to the Western Academic Calendar at www.westerncalendar.uwo.ca to ensure your prerequisites and/or antirequisites for this course are correct.

COURSE INFORMATION

Calendar course description: Guidelines and benefits of physical activity programs for older adults will be the focus. The epidemiology of relationships between physical activity and functional independence, physiological responses to exercise and chronic adaptations with training (both cardiorespiratory and strength), and the exercise influence on age-related chronic diseases will be examined.

Learning Outcomes: The goal of this course is to examine the evidence base for physical activity guidelines for older adults, with attention to the relationship between physical activity and age-related physical changes; practice critical appraisal of available evidence for physical activity and older adults; and synthesize this knowledge through written assignments. Therefore, through this course the learner will:

1. Describe physiological changes associated with aging, as well as risks & benefits of participating in activity for the older adult
2. Explain physical activity prescription that is tailored to the needs of the older adult, including prescriptions tailored to common chronic conditions and diseases associated with aging
3. Practice critical appraisal and reflection of available evidence
4. Communicate knowledge through written (e.g. papers, tests) formats

Attendance & Participation: Learners are expected to attend and participate in lectures. As a class, we have the right to a creative and respectful learning environment that promotes knowledge acquisition and application. To achieve this, we have the collective responsibility to engage in behaviours that demonstrate respect for and collaboration with our fellow learners and teachers. This includes:

- *Punctuality* - arrive prior to the start of a lecture and, when required, enter or exit lectures quietly and discretely so as not to disrupt your colleagues.
- *Nourishment* - as needed to sustain learning throughout lectures in a manner that is not disruptive to your colleagues. This includes consuming lidded beverages and 'quiet' food, and disposing of any waste in the bins provided to keep our learning environment clean.
- *Technology* - using personal technologies, such as phones and laptops, quietly and in a manner that enhances, not detracts from, the learning environment. For example, ensure that phones do not make audible noise during class (i.e. set ringers to silent –not vibrate- mode) and that conduct on mobile devices is not disruptive to peers (i.e. seek out information related to course materials and learning objectives unobtrusively).
 - *Note:* If I notice disruptive behaviour, or receive complaints from your peers your privileges for technology in the classroom will be revoked.

Course Materials

There is no textbook or reference material required to purchase for this course. Necessary course information will be posted to OWL, including links to resources. Students are encouraged to seek additional resources to supplement their learning. Some useful resources include the following:

American College of Sports Medicine: <http://www.acsm.org>

Applied Physiology, Nutrition and Metabolism: <http://www.nrcresearchpress.com/journal/apnm>

Canadian Centre for Activity and Aging: <http://www.uwo.ca/ccaa/>

Canadian Society for Exercise Physiology: <http://www.csep.ca/home>

Canadian Institutes of Health Research, Knowledge Translation Framework: <http://www.cihr-irsc.gc.ca/e/40618.html>

Heyward, VH. (various editions 1998-2014). Advanced fitness assessment and exercise prescription. Older copies are available, in hard-copy, through the UWO library.

ParticipACTION: <https://www.participaction.com>

Retirement Research Association: <http://www.thelondoner.ca/2010/10/27/retirees-cant-stop-moving> and <http://news.westernu.ca/2011/10/graduate-students-western-retirees-work-out-the-neuromuscular-system/>

Sullivan GM, Pomidor AK. (2015). Exercise for aging adults: A guide for practitioners. DOI: 10.1007/978-3-319-16095-5. (Available electronically through the UWO library)

Write online - Reflective Writing: <http://writeonline.ca>

Lecture Schedule

See OWL. Note: lectures begin Friday January 6th 2017, which is an in-person introductory lecture.

Evaluation

Full description of evaluation criteria is available in OWL.

Exams (50%)

1. Mid-term exam (20%) in class (February 15)
2. Final exam (30%) during April exam block (TBD)
 - Exam format is multiple choice, and may involve discrete knowledge, matching, cases, and true/false.

Assignments (50%)

1. Critical Reflection (20%)
2. Clinical Corner Article (30%)
 - Refer to assignment outline and marking rubrics in OWL

Statement on Use of Electronic Devices

The use of electronic & communication devices (e.g. laptop, cell phone, etc) is prohibited during tests, including weekly quizzes and the final exam.

Learners are permitted to use technology during lectures to assist with learning. However learners are encouraged to use technology respectfully and responsibly so as not to interfere with other's learning.

Recording of lectures (e.g. audio, video) is prohibited.

ADDITIONAL STATEMENTS

Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/board/code.pdf>.

English Proficiency for the Assignment of Grades

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>.

Accommodation for Medical Illness or Non-Medical Absences

http://www.uwo.ca/univsec/handbook/appeals/accommodation_medical.pdf

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website: <https://studentservices.uwo.ca/secure/index.cfm>.

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted, as soon as possible, to the appropriate Academic Counselling Office of the student's Faculty of registration.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website: http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

Additionally,

1. All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).
2. Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Support Services

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>

Final Examination Conflict Policy

A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor. This policy does not apply to mid-term examinations.

Absences & Lateness

Assignment submission criteria and deadlines are included in the assignment descriptions in OWL. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the Undergraduate office. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. There will be no make-up for mid-term examinations. Students who miss a mid-term

exam with a valid reason will have the final examination re-weighted accordingly. The School's policy is not to allow make-ups for scheduled midterms, presentations, or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.